



WEEKLY PEP TALK FOR OUR SUPERHERO PARENTS

Q: Every year our family looks forward to our summer vacation and summer traditions. This summer will be different since our annual extended family reunion at the shore has been cancelled. I expect this will be a difficult conversation to have with our kids.

A: Given the continued uncertainty regarding COVID, this summer will be a break from tradition for most families. The cancellation or postponement of summer plans will be disappointing and sad for everyone. Be prepared for these emotions to emerge when you inform your children of these changes. Allow yourself and your children to freely [express feelings of disappointment](#) and sadness. Expressing these feelings together as a family allows the children to see you are all in the same boat. A sense of togetherness can be helpful. Acknowledge their disappointment and loss and also remind your family that families all over the world are struggling with these feelings as well. Consider planning day trips to nature centers, local parks/beaches or a camping trip with your family this summer. Start new traditions where you can safely distance from others and still be able to relax, connect and have family fun.

Q: Many teens and college students look forward to their seasonal jobs to stay busy and social, earn money for savings or to offset their college costs. Given the unpredictability of jobs this summer due to the closure of many seasonal employment opportunities, how can I help my teen fill this void?

A: This is a time when disappointment and traditions can give way to new ideas and opportunities. While the traditional seasonal job may not be available, help your teen think outside the box. This may be a good time for teens to be of service to others. Perhaps they can find neighbors, relatives, friends and/or senior citizens who need help with grocery shopping, walking their dog, babysitting or home improvement/gardening projects. If your teen is looking for other ways to keep busy and be more independent, encourage them to give back to their community. They can [help their community by](#): gathering clothing to donate, volunteering at a food bank, assembling brown bag lunches for local shelters, help a relative clean their home, create homemade masks, or become a pen pal to a resident at a local senior center or nursing facility.

Q: What's a quick self-care strategy for me as a parent during this time?

A: Take time to be creative with your child. Work together on an inspiration collage or an outdoor arts and craft project. If you were looking to plant some flowers, get creative and paint some colorful pots for those plants.



Week of June 1, 2020

Quote of the Week:



Words from GYFS:

The Glastonbury Youth & Family Services team of clinicians and school social workers have been fielding questions from our community. Since it is likely you are having similar questions during this unsettling time, we thought we would share these questions and responses with the entire community.

If you want to submit a question, please e-mail:

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Weekly Pep Talk Organizers:

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